

# Mandarin Corner

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## Survival Chinese - 50 Words to Describe Medical Symptoms and Diseases

### Introduction

dàjiā hǎo! huānyíng láidàoMandarin Corner, wǒ shìEileen.

大家好! 欢迎来到Mandarin Corner, 我是Eileen。

Hello everyone! Welcome to Mandarin Corner, I am Eileen.

bùguǎn zài nǎli, shēngbìng dōu shì bùkěbìmiǎn de.

不管在哪里, 生病都是不可避免的。

No matter where you are, getting sick is inevitable.

suǒyǐ, jīntiān wǒmen jiù xiàng dàjiā lái jièshào yīxiē yònglái

所以，今天我们就向大家来介绍一些用来

So today we will introduce words that you can use

gēn nǐ de yīshēng men miáoshù shēntǐ zhuàngkuàng huò  
zhèngzhuàng de cíhuì.

跟你的医生们描述身体状况或症状的词汇。

to describe your medical symptoms to your doctors.

lìngwài, dāng nǐ hé nǐ de Zhōngguó péngyou men

另外，当你和你的中国朋友们

Also, when your Chinese friends talk to you

liáo dào guānyú yīxué fāngmiàn de huàtí,

聊到关于医学方面的话题，

about medically related topics,

nǐ yě kěnéng huì xūyào dào zhèxiē cíhuì.

你也可能会需要到这些词汇。

you might need these words in order to follow the conversation.

hǎo, nà kàn wán zhège shìpín zhīhòu ne,

好，那看完这个视频之后呢，

After watching the video,

jiù qǐng dàjiā qù mandarincorner.org xiàzǎi miǎnfèi de PDF hé

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yīnpín wénjiàn lái fùxí shìpín zhōng de nèiróng.

音频文件来复习视频中的内容。

MP3 audio files to review the content.

lìngwài, wǒ xiǎng gēn dàjiā zài qiángdiào yīxià

另外，我想跟大家再强调一下

In addition, I would like to introduce some more

wǒmen wǎngzhàn shàng hái yǒu qítā de yīxiē miǎnfèi xuéxí zīyuán.

我们网站上还有其它的一些免费学习资源。

free learning resources that are now available on our website.

nà xiànzài wǒmen jiù lái kàn yīxià ba.

那现在我们就来看一下吧。

Let's take a look!

## Lesson

### 1.

tòng

痛

pain / ache

wǒ quánshēn dōu tòng.

我全身都痛。

My whole body is in pain.

### 2.

suān

酸

sore

zǒu le yī tiān lù le, wǒ de tuǐ hǎo suān.

走了一天路了，我的腿好酸。

After walking all day, my legs are really sore.

### 3.

zhǒng

肿

to be swollen

tā de zuǒ yǎn bèi rén dǎ zhǒng le.

他的左眼被人打肿了。

He was hit on his left eye and now it's swollen.

### 4.

yǎng

痒

itch

tā de tuǐ bèi wénzi yǎo le, xiànzài hǎo yǎng.

她的腿被蚊子咬了，现在好痒。

Her legs itches a lot after being bitten by mosquitoes.

### 5.

má

麻

numb

nǐ de shǒu yīdìng bèi dòng má le ba!

你的手一定被冻麻了吧!

Your hands must be numb from the cold!

## 6.

bùshūfu

不舒服

not feeling well

tā zuìjìn shēntǐ yǒudiǎn bùshūfu.

她最近身体有点不舒服。

She recently hasn't been feeling very well.

## 7.

shēngbìng

生病

to get sick

wǒ hǎoxiàng shēngbìng le, nǐ néng sòng wǒ qù yīyuàn ma?

我好像生病了，你能送我去医院吗？

I seem to be sick, can you take me to the hospital?

8.

gǎnmào

感冒

to have a cold / common cold

wǒ yǐjīng gǎnmào yī gè lǐbài le.

我已经感冒一个礼拜了。

I've already had cold for a week.

9.

zháoliáng

着凉

to catch a cold

duō chuān diǎn yīfu, bùrán nǐ huì zháoliáng de.

多穿点衣服，不然你会着凉的。

Wear a little bit more clothes, otherwise you might catch a cold.

10.

liúgǎn

流感

flu

zuìjìn hěn duō rén dé le liúǎn.

最近很多人得了流感。

Recently, a lot of people have caught the flu.

## 11.

késou

咳嗽

to cough

tā zhěnggè shàngwǔ dōu zài késou.

他整个上午都在咳嗽。

He's been coughing the whole morning.

## 12.

fāshāo

发烧

to have a fever

wǒ juéde wǒ fāshāo le, nǐ néng bāng wǒ liáng yīxià tǐwēn ma?

我觉得我发烧了，你能帮我量一下体温吗？



I think I am having a fever. Can you take my temperature?

### 13.

liúbítì

流鼻涕

runny nose

wǒ liúbítì liú de hěn lìhai.

我流鼻涕流得很厉害。

I have a really bad runny nose!

### 14.

tù

吐

to vomit

yóuyú yùnnchē, tā yīlùshàng tù le hěn duō cì.

由于晕车，她一路上吐了很多次。

Because she got carsick, she vomited several times during the trip.

### 15.

ěxīn

恶心

to feel nauseous / to feel like vomiting

wǒ hūrán juéde hěn ǎxīn, yǒudiǎn xiǎng tù.

我忽然觉得很恶心，有点想吐。

All of sudden, I am very nauseous and I feel like vomiting.

## 16.

lādùzi

拉肚子

to suffer from diarrhea

tā měicì hē niúǎi dōu huì lādùzi.

她每次喝牛奶都会拉肚子。

She gets diarrhea every time she drinks milk.

## 17.

chōujīn

抽筋

cramp

a! wǒ de tuǐ chōujīn le!

啊！我的腿抽筋了！

Ah! I have a cramp on my leg!

## 18.

tóutòng

头痛

headache

tā měitiān zǎoshang xǐng lái dōu huì tóutòng.

他每天早上醒来都会头痛。

Every morning when he wakes up, he has a headache.

## 19.

tóuyūn

头晕

dizzy

wǒ yǒudiǎn tóuyūn, xiǎng qù tǎng yīhuìr.

我有点头晕，想去躺一会儿。

I feel a little dizzy... I feel like lying down a little bit.

## 20.

shīmián

失眠

insomnia

wǒ zuìjìn shīmián hěn yánzhòng, néng bùnéng gěi wǒ kāi yīdiǎn ānmiányào?

我最近失眠很严重，能不能给我开一点安眠药？

Recently I've been having really bad insomnia. Can you prescribe some sleeping pills for me?

## 21.

yátòng

牙痛

toothache

wǒ de yá tòng le yī zhěngtiān le, nǐ néng tuījiàn yī gè hǎo yīdiǎn de yáyī ma?

我的牙痛了一整天了，你能推荐一个好一点的牙医吗？

I've had toothache all day. Can you recommend a good dentist?

## 22.

duì ... guòmǐn

对 ... 过敏

to be allergic to

nǐ duì shénme yào guòmǐn ma?

你对什么药过敏吗?

Are you allergic to any kind of medicine?

### 23.

biànmì

便秘

constipation

duō chī shūcài shuǐguǒ kěyǐ fángzhǐ biànmì.

多吃蔬菜水果可以防止便秘。

Eating more fruits and vegetables can prevent constipation.

### 24.

pínxuě

贫血

anemia

yīshēng shuō wǒ yǒudiǎn pínxuě, yīnggāi duō chī diǎn hán tiě de shíwù.

医生说我有**点贫血**，应该多吃点含铁的食物。

The doctor said that I have anemia and should eat more food that has iron.

## 25.

yūndǎo

晕倒

to pass out / to faint

wǒ yī kàn dào xuě jiù huì yūndǎo.

我一看到血就会**晕倒**。

I faint as soon as I see blood.

## 26.

shòushāng

受伤

to be injured

wǒ de xīgài **shòushāng** le, zànshí bùnéng pǎobù.

我的膝盖**受伤**了，暂时不能跑步。

My knees were injured and I can't run for now.

27.

niǔshāng

扭伤

to sprain

tā bèi yīkuài shítou bàndǎo niǔshāng le jiǎohuái.

他被一块石头绊倒扭伤了脚踝。

He tripped on a rock and sprained his ankle.

28.

áizhèng

癌症

cancer

wǒ tīngshuō tā dé le áizhèng.

我听说他得了癌症。

I heard that he got cancer.

29.

shíwù zhòngdú

食物中毒

food poisoning

nǐ shíwù zhòngdú guò ma?

你食物中毒过吗?

Have you ever had food poisoning?

### 30.

xīnzàngbìng

心脏病

heart disease

tā yīzhí dōu hěn xǐhuan chī féiròu, suǒyǐ xiànzài yǒu xīnzàngbìng.

他一直都很喜欢吃肥肉，所以现在有心脏病。

He's always liked to eat fatty meat, so now he has heart disease.

### 31.

xīnzàngbìng fāzuò

心脏病发作

heart attack

tā de xīnzàngbìng fāzuò le, kuài jiào jiùhùchē.

他的心脏病发作了，快叫救护车。

He is having a heart attack. Quick, call an ambulance!



**32.**

fāyán

发炎

inflame

tā shǒu shàng de shāngkǒu fāyán le.

她手上的伤口发炎了。

The wound on her hand got inflamed.

**33.**

shuǐpào

水泡

blister

wǒ de xié bù tài héjiǎo, zǒu duō le lù jiǎo jiù huì qǐ shuǐpào.

我的鞋不太合脚，走多了路脚就会起水泡。

My shoes don't fit well, so if I walk a lot, my feet will develop blisters.

**34.**

méiyǒu shíyù

没有食欲

no appetite

tā méiyǒu shíyù, shénme dōu bùxiǎng chī.

她没有食欲，什么都不想吃。

She had no appetite and didn't want to eat anything.

### 35.

xiāohuà bùliáng

消化不良

indigestion

wǒ chī le tài duō de yóunì shíwù le, xiànzài yǒudiǎn xiāohuà bùliáng.

我吃了太多的油腻食物了，现在有点消化不良。

I got indigestion from eating too much greasy food.

### 36.

wèitòng

胃痛

stomachache

tā měicì hē niú'nǎi dōu huì wèitòng.

她每次喝牛奶都会胃痛。

She gets stomachache every time she drinks milk.

### 37.

hūxī kùnnan

呼吸困难

breathing with difficulty

rúguǒ kōngqìwūrǎn hěn yánzhòng, wǒ jiù huì hūxī kùnnan.

如果空气污染很严重，我就会呼吸困难。

If the air pollution is really bad, I will have difficulty breathing.

### 38.

tángniàobìng

糖尿病

diabetes

tā bèi zhěnduàn wéi tángniàobìng.

他被诊断为糖尿病。

He was diagnosed with diabetes.

### 39.

zhǒngliú

肿瘤

tumor

tā zhǎng le yī gè èxìng de rǔfáng zhǒngliú.

她长了一个恶性的乳房肿瘤。

She developed a malignant breast tumour.

40.

shāngkǒu

伤口

wound

bāozhā shāngkǒu zhīqián yīdìng yào qīngxǐ.

包扎伤口之前一定要清洗。

Before dressing a wound, the cut must be cleaned.

41.

liúxiě

流血

to bleed

jīntiān wǒ qiē cài shí bù xiǎoxīn qiē dào le shǒu, liú le hěn duō xiě.

今天我切菜时不小心切到了手，流了很多血。

Today I accidently cut my hand while cutting the vegetables, and it bled a lot.

#### 42.

chuánrǎn

传染

to be infected with

nǐ lí wǒ yuǎn yīdiǎn, wǒ bùxiǎng bǎ gǎnmào chuánrǎn gěi nǐ.

你离我远一点，我不想把感冒传染给你。

Stay away from me! I don't want to infect you with my cold.

#### 43.

hūnmí

昏迷

coma

tā yǐjīng hūnmí sān tiān le, jiārén dōu hěn dānxīn.

她已经昏迷三天了，家人都很担心。

He has been in coma for three days and his family is really worried.

44.

gāoxiěyā / gāoxuèyā

高血压

high blood pressure

gāoxuěyā tōngcháng méiyǒu míngxiǎn de zhèngzhuàng.

高血压通常没有明显的症状。

High blood pressure usually doesn't have any obvious symptoms.

**Note:** The pinyin of 血 is both xuě and xuè. However, xuě is used in speech, and xuè is used in written form. In this video, we choose to go with the oral form.

45.

xìngbìng

性病

sexually transmitted disease

tā xiǎng qù yīyuàn zuò yī gè xìngbìng jiǎnchá.

他想去医院做一个性病检查。

He wants to go to the hospital and get checked for any sexually transmitted disease.

46.

àizībìng

艾滋病

Aids

àizībìng shì yīzhǒng zhì mìng de jí bìng.

艾滋病是一种致命的疾病。

Aids is a deadly disease.

**47.**

gēshāng

割伤

to cut yourself

tā guāhúzi de shíhou bù xiǎoxīn bǎ zìjǐ gēshāng le.

他刮胡子的时候不小心把自己割伤了。

He accidentally cut himself when he was shaving.

**48.**

shàishāng

晒伤

sunburn

wǒ shàngzhōu zài hǎitān shàng shuìzháo le, ránhòu bèi shàishāng le.

我上周在海滩上睡着了，然后被晒伤了。

I got sunburn when I fell asleep on the beach last week.

#### 49.

bìngdú

病毒

virus

liúgǎn shì yóu bìngdú yīnqǐ de.

流感是由病毒引起的。

Flu is caused by a virus.

#### 50.

xìjūn

细菌

bacteria / germ

xiāodú shuǐnéng shā sǐ dàbùfēn de xìjūn.

消毒水能杀死大部分的细菌。

Disinfectants can kill most germs.



## Conclusion

hǎo, jīntiān de shìpín jiù dào zhèlǐ.

好，今天的视频就到这里。

Alright! That's it for today.

rúguǒ nǐ xǐhuan zhège shìpín dehuà,

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liànjiē jiù zài shìpín de xiàfāng!

链接就在视频的下方!

Links are below!

zuihòu, qǐng hái méiyǒu dìngyuè de rén dìngyuè wǒmen de píndào

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wǒmen xiàcì jiàn!

我们下次见!

See you next time!